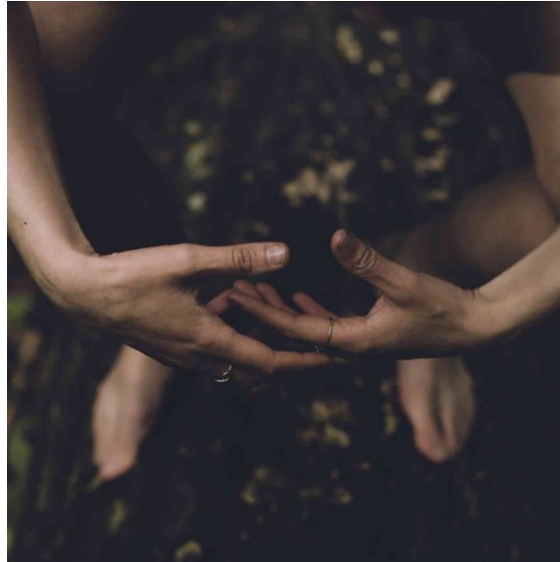


April 28 - May 19, 2023

Nervous System Reset

Company: Lillian Kemanis
Venue: Dancewave
Location: Brooklyn, NY

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Natalie Deryn Johnson

This class will guide you through an open movement practice that will usher you into deep states of sensory awareness. You will learn how to listen to the body and follow movement impulse. Prepare to be submerged into expansive relaxation and leave feeling rejuvenated. No experience is necessary!

Classes are a suggested donation of \$10-25 (cash or Venmo)

Lillian Kemanis
182 4th Ave
Brooklyn, NY, 11217
<https://calendly.com/lilliankemanis/nervous-system-reset>

Schedule
April 28, 2023: 7:00pm
May 5, 2023: 7:00pm
May 12, 2023: 7:00pm
May 19, 2023: 7:00pm

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